

Clean Version of Amended Claims:

Sub 1 (Thrice Amended) Footwear for protecting a foot consisting essentially of:
a vamp of an upper extending from a toe region to an instep region and
consisting of a single and continuous unit;
a liner positioned beneath said instep portion and consisting of a single and
continuous piece; and
an elastic instep guard positioned between said instep portion and said liner to
protect a metatarsal section of the foot, said instep guard including an elastic support
having a plurality of hollow passages and extending from said toe region to said instep
region of said vamp.